

Information Card
Before You Begin

1. Before you begin using FitDeck Bodyweight, consult with your physician. This is especially important if you are over age 35 and/or are new to exercise.
2. If while using FitDeck Bodyweight, you feel faint, lightheaded or dizzy, experience undue stress or feel pain, stop exercising immediately and consult with your physician.
3. Review the 50 FitDeck Bodyweight Cards and ensure that you can safely and properly perform the suggested exercises. If you are uncomfortable with any exercise for any reason, remove it from the deck until you feel confident that you can perform the exercise safely.
4. Always choose the proper intensity level that best suits your physical strength and ability level. Know your limits and train within them.
5. Use common sense when exercising.

See other side

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Information Card
Reading FitDeck Junior Cards

Ability levels with suggested repetitions or time

Exercise name ► **FOUR ON THE FLOOR**

Body segment exercised ► **UPPER BODY**

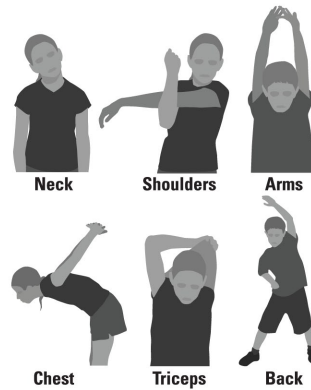
Exercise movements ►

Exercise description ► **• Hands shoulder-width apart
• Lower chest to floor and up
Option: Kneel if necessary**

Wild Cards are included to mix up your routine.

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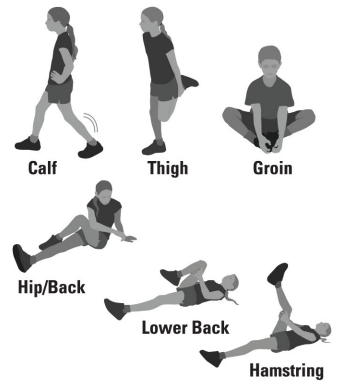
Information Card
Stretching - Upper Body



See other side

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Information Card
Stretching - Lower Body

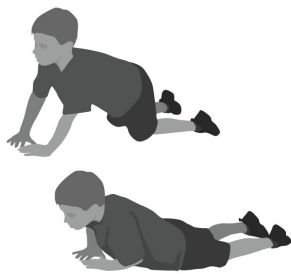


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SPADES

UPPER BODY

2 BEG 6 INT 10 ADV



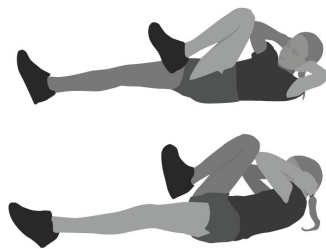
- Hands under chest (thumbs touching)
- Kneel on floor
- Lower chest to floor and up

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BICYCLE CRUNCHES

MIDDLE BODY

6 BEG 10 INT 12 ADV



- Cup ears with hands
 - Alternate touching elbows with opposite knees
- Tip: Do not pull head forward

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DUCK WALK

LOWER BODY

6 BEG 10 INT 12 ADV



- Alternate steps into lunge position
 - Each new step is a repetition
- Tip: Do not allow knee to go forward of toe

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CRAB CRAWL

FULL BODY

:20 BEG :30 INT :40 ADV



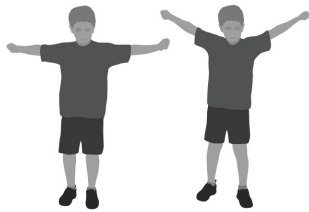
- Crawl on hands and heels

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ROLL-O's

UPPER BODY

10 BEG 20 INT 30 ADV



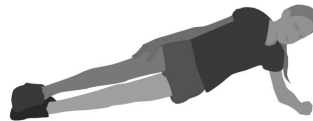
- Make circular motion with arms
- Tip: Vary size, speed, or direction for more variety

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THE PLANK

MIDDLE BODY

:20 BEG :30 INT :40 ADV



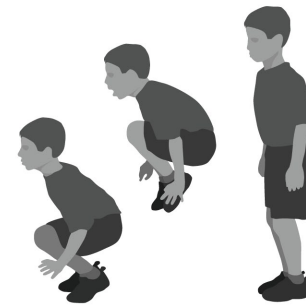
- Hold position steady with straight body
- Switch sides halfway through

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CHEST BUSTERS

LOWER BODY

4 BEG 6 INT 10 ADV



- Jump up and touch thighs to chest

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CROSS COUNTRIES

FULL BODY

6 BEG 10 INT 16 ADV



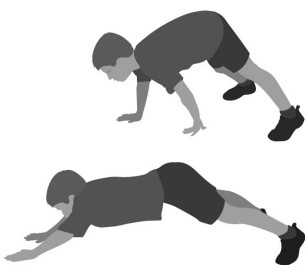
- Move arms and legs in cross country motion

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INCHWORM

UPPER BODY

4 BEG 6 INT 8 ADV



- Begin in standing position
- Walk on hands into push up position
- Take steps forward to starting position

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SCORPION

MIDDLE BODY

:20 BEG :30 INT :40 ADV



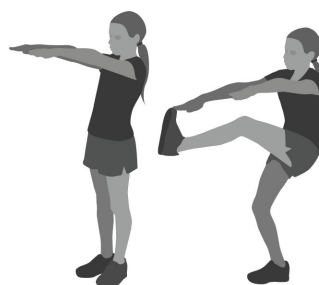
- Grab left foot with right hand and hold
- Alternate sides halfway through allotted time

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MILITARY MARCH

LOWER BODY

4 BEG 6 INT 10 ADV



- Walk with arms straight out in front
- Kick opposite hand with each step

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STAR JUMPERS

FULL BODY

4 BEG 6 INT 10 ADV



- Drop down to a squat position
- Explode up into the air

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